

Pollys Morning Lunch Menu Allergens

Breakfast 8-12

Chia Seed Pudding €8 (n) 1-8 Oats/walnuts/almonds

Seasonal Compote, Coconut Flakes, House Granola & Banana

House Granola €8 (n) 1-7-8 Oats/walnuts/almonds

Dingle Farm Thick Yoghurt, Seasonal Compote, Charred Pineapple & Coconut Flakes

Coconut Crumble Porridge €8 (c) (dairy free adapt) 1-7 wheat/oats

Coconut Crumble, Stewed Apple, Cinnamon

Dulce de Leche Porridge €8 (n) (c) 1-7-8 Oats/almonds

Creamy Irish Oats, Roasted Almonds, Banana & Blueberries

Toasted Banana & Walnut bread €6 (n) 1-3-7-8 Wheat/walnuts

Polly's Espresso Cream

Pollys Babka Bun €5 (n) 1-3-6-7-8 Wheat/pistachio

Pistachio Chocolate Brioche Swirl

Scone of the Day €5 1-3-7 wheat

House Jam or Lemon Curd

Lunch 12-3

Chefs Pitta Sandwich

- **Spit Roasted Chicken 1-10-11 wheat/sesame seeds**
Hummus, Lettuce, Courgette, Zhug, Tahini Sauce
- **Halloumi €10 1-7-11 wheat/sesame seeds**
Chargrilled Aubergine, Beetroot Hummus, Harissa, Tahini Sauce
- **Pulled Lamb Shoulder €10 1-7-9-10-12 Wheat**
Labneh, Pickled Onion, Tomatoes, Lettuce, Cucumber, Mint
- **Falafel €10 1-9-10-12 Wheat**
Hummus, Leaves, Pickled Cauliflower, Amba Mayonnaise

Daily Soup & Sourdough €8 (c) 1-7 wheat

Your server will advise

Polly's Tasting Board €15 (c) 1-3-9-10-11-12 wheat/sesame seeds

Classic Hummus, Beetroot Hummus, House Pickles, Pickled Egg, Falafel, Tabouli & Pitta

Sides

Seasonal Green Salad €4 **10**

Regular Fries €5

Sweet Potato Fries €6

Beer Battered Onion Rings €5 **1 wheat**